





# PACAF/HQ converts to A-Staff

By Maj. Bradley Jessmer  
Pacific Air Forces Public Affairs

Time and necessity bring change, and change is in the air for Headquarters Pacific Air Forces, which will convert to a new command structure re-designating all headquarters offices by April 1.

The current designations of two, three and four letters will be replaced by a system consisting of the letter “A” followed by numbers given to each directorate. This system, ranging from A1 to A9 will bring standardization throughout all Air Force commands.

“As you can imagine, many are involved in this process,” said Maj. Eric Stubbs, Pacific Air Forces War-time and Organizations Branch chief. “My role has been to facilitate the development of PACAF’s proposed Organization Structure Codes which we submitted to Air Staff in December and continue to refine.”

According to a memo dated Nov. 10, 2005, from the Air Force Chief of Staff General T. Michael Moseley, the plan is for all commands to initiate the A-Staff structure effective Wednesday, with full implementation by May 1.

The memo further states that

although there may be some variances between the commands and their unique missions, the intent is to standardize the A-Staff wherever possible and align all headquarters staffs “horizontally and vertically.” This change will affect all commands, warfighting headquarters, and Air Staff as well.

“The Air Staff has been working to develop a consensus among the MAJCOMs and functionals in order to determine the final standard Organization Structure Codes which will be used by all major commands,” Major Stubbs said.

According to Major Stubbs, the term “aligning the phone books” has been used to describe this process. “In the not too distant future, PACAF/A1MX will be able to contact Air Mobility Command/A1MX and know that they have reached their functional counterpart at AMC,” he said. “These changes will improve our ability to develop doctrine and instructions, and streamline our ability to perform the mission.”

Not only will this change help communication between the field and headquarters, but according to Janet Watkins, PACAF Manpower and Organization Division chief, it will help with joint operations.

“The new structure will give

us a better interoperability with other MAJCOMs as well as our joint services who are already using this type of system,” Mrs. Watkins said. She added that even though this will bring a change to our structure, it will not affect manpower numbers at the headquarters.

The new designations for PACAF are:

- A1 – Manpower and Personnel (DP/XPM)
- A2 – Intelligence (IN)
- A3A5 – Air, Space and Information, and Plans and Requirements (DO)
- A4 – Logistics (LG)
- A6 – Communications (SC)
- A7 – Installation and Mission Support (CE, SV, SF, LGC)
- A8A9 – Strategic Plans and Programs and Analyses, Assessments and Lessons Learned (XP)

Staff functions which previously reported to the command section still remain as:

- Public Affairs (PA), Chaplain (HC), Historian (HO), Financial Management (FM), Judge Advocate (JA), Surgeon General (SG), Inspector General (IG), Reserve program manager (RE), Guard/reserve liaison (RG), and Political Advisor (PO-LAD).



**Tech. Sgt. Jonathan Westenskow**, 3rd Component Maintenance Squadron, displayed aircraft structure knowledge and leak path analysis techniques when normal sealant injection techniques failed to stop a wing surge box fuel leak. Sergeant Westenskow isolated the leak source by inspecting and identifying a very minute leak escaping from a scavenge pump return line and weeping down to the leak area. His efforts negated further aircraft downtime and a possible depot-level repair.

**The 3rd Maintenance Group Small Diameter Bomb Munitions Team** displayed outstanding technical ability while performing the first Small Diameter Bomb arctic testing operation in the Air Force. The team discovered several errors with technical data procedures while ensuring components were serviceable, loaded on trailers and delivered to aircraft. The efforts of the team will ensure the state-of-the-art weapons system is deployable to wings throughout the Air Force.

**Staff Sgt. Quandeel Chandler**, 90th Fighter Squadron, led and directed the initial build-up of anti-exposure suits. His foresight of routing these suits ensures 100 percent compliance for over-water flights directed by Headquarters Pacific Air Forces, keeping the 90th FS ready to deploy worldwide. He coordinated with the fabrication flight to ensure timely inspection, maintenance, and fit of these suits in less than three weeks. His actions resulted with closing out a 2004 Staff Assistance Visit finding.

**Max McQueen**, 3rd Mission Support Squadron, significantly enhanced the Spouse Tuition Assistance Program. He developed an informative spouse newsletter providing information such as application processing and funds distribution on this \$199,000 program. His initiative streamlined information flow, funds distribution, and addressed student issues early.

## 732nd AMS commander: do the right thing

Col. Michael Thornton  
732nd Air Mobility Squadron commander

Many folks are quick to say that our company, the U.S. Air Force, is broken. However, I can attest that the part of the Air Force I see every day is very much alive and well – definitely not broken.

I believe that Team Elmendorf, and all the organizations within, continually do their very best for the overall good of the force. Perhaps some

of the regulatory and process changes make us look a little ‘clunky’ at times, but when we all keep up with the changes, the rough spots quickly become smooth.

I have always believed, and encourage others to believe, in a vision of, “ ... if you can touch it – you can fix it ...” If a part of your organization has an imperfection, a small problem, or an area that is down right broken, you may only need to make a minor

tweak to get it back on track.

In addition, I strongly believe neither the Air Force, nor any organization within, is perfect. Therefore, I challenge every member of Team Elmendorf to “fix what you can touch.”

Simply stated, it all comes back to the Air Force Core Values – Integrity First; Service before Self; and Excellence in All We Do. When I asked several Air Force members what the

company’s core values were only half were able to name all three.

I summarize these three values into one simple phrase: do the right thing – always. It’s worked for me every time.

Furthermore, every commander and supervisor should empower their members to make process and “work-area” changes which improve their functional area.

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Brig. Gen. Hawk Carlisle  
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

### Key phone numbers:

- Col. Mike Hass, 3rd CES/CC 552-3007
- Lt. Col. Mark Allen, 3rd SVS/CC 552-2468
- Lt. Col. Brett Meyer, 3rd SFS/CC 552-4304

### Sourdough Sentinel

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For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

## 3rd Wing Moment in History

Feb. 2, 1923:

Brig. Gen. Billy Mitchell, assistant chief, Army Air Service, arrived to inspect the 3rd Attack Group at Kelly Field, Texas. He reported the commander and most of the men were inexperienced and operations, training, equipment and facilities were unsatisfactory.

He spent the next couple days assisting the new command and staff in correcting the problems.





# PACAF implements cell phone policy

By Lt. Col. Michael T. Halbig  
3rd Wing Public Affairs

While driving down the road, the cell phone rings. Most people will pick it up, put it to their ear and begin a conversation.

Now, if you're on base, it is very possible that a set of flashing lights may be seen in the rearview mirror as members of the 3rd Security Forces Squadron pull the vehicle over and issue a ticket for using a cell phone while driving.

The new Pacific Air Forces policy, derived from the Joint Traffic Guidance dated Jan. 25, was signed Monday by Gen. Paul V. Hester, PACAF commander, clearly defining the consequences of using a cell phone while driving.

For violations committed in February, the offender – whether military member, DoD civilian, contractor, family member or other non-DoD driver – will be issued a warning. The real consequences kick in March 1 when the

violation will result in the loss of on-base driving privileges for 30 days.

Local union representatives will be included in discussions on how the new policy will be implemented and enforced. Management will answer union questions and concerns in a timely manner before the March 1 date.

In his policy memorandum, General Hester explains that "according to [the National Highway Traffic Safety Administration], distracted driving contributes to 25 percent of all traffic accidents. These accidents have a serious negative impact on our families, unit morale and combat readiness."

The policy also applies to anyone driving a

government vehicle while off base.

As a reminder, rental cars, while on temporary duty or otherwise contracted by the government, are considered government vehicles and subject to this policy.

"One of the most important elements of the PACAF mission is the welfare and safety of our Airmen and their families," said General Hester in his policy memorandum. "The use of cell phones impairs driving ability and

masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech."

There is a provision within the policy that allows for using the cell phones while driving if the driver is using a hands free device.



## Nonjudicial punishment

### Article 15s:

An airman first class with the 3rd Civil Engineer Squadron failed to obey a lawful order and was derelict in his duties by talking on his personal cellular phone while on duty.

His was reduced to airman and received a suspended forfeiture of \$300 pay, 14 days extra duty and a reprimand.

An airman basic with the 732nd Air Mobility Squadron drank alcohol while under 21, reported late for work, and made a false official statement.

His punishment was a forfeiture of \$200 pay for two months, restriction to Elmendorf for 45 days and 45 days extra duty.

(Courtesy of the 3rd Wing Legal Office)

## Anchorage businessman joins Air Force's civic leader's group

General Paul V. Hester  
Pacific Air Forces commander

In an effort to continue strengthening the partnership between our base communities, local leaders and Air Force senior leadership, our top Air Force Airman General T. Michael Moseley, Chief of Staff of the Air Force (CSAF), has invited 24 community leaders to join the inaugural CSAF "Civic Leaders Group."

Although civic leader group programs are already prevalent in Air Force communities where bases exist, this program is unique because the group represents the entire U.S., including Alaska and Hawaii.

I'm proud to say that a prominent Alaska civic leader is a part of this ground-breaking group.

Mr. Loren Lounsbury is from Anchorage and serves as the Chairman of the Civilian Advisory Board, Chairman of the International Management Group that does consulting work for companies

interested in doing business in Alaska and the Far East; Mr. Lounsbury is also the Director for the First National Bank of Anchorage.

One of the goals of this inaugural group is to tap into our civic leaders' expertise by collaborating efforts and sharing perspectives at least two times a year. By doing so, we hope to improve our Air Force relationship with these leaders and their regions as we discuss the challenges facing our military communities.

The first scheduled meeting is Thursday and Feb. 10, at Nellis Air Force Base, Nevada.

We look forward to the successful launching of this new program and receiving positive feedback from Mr. Lounsbury.

As we are only days away from this inaugural event, I echo the words of General Moseley, "Together, there are a lot of great things we can accomplish ... our Air Force is the best in the world because of the support of incredible citizens like these."

## Elmendorf celebrates African American Heritage

Brig. Gen. Hawk Carlisle, 3rd Wing commander, has signed a proclamation declaring February African American Heritage Month at Elmendorf.

The theme for this year is – "Reaching out to youth: A strategy for excellence."

According to the proclamation, "African Americans have played and continue to play a critical economic, cultural, and social role in every sphere of life of the nation."

And to celebrate the "historic contributions to the growth and strength of our nation in countless recorded and unrecorded ways," the 2006 committee will sponsor these events:

■ **Health Fair** – 10 a.m.- 3 p.m., Feb. 11 at the Joint Military Mall

■ **Gospel Fest** – 6-7:30 p.m. Feb. 11 at Chapel 1

■ **Career Day** – Feb. 22 and 23 at Fairview Elementary

■ **Red, Black and Green Ball** – 6 p.m. Feb. 25 at the Susitna Club

For more information, call the committee chair, Master Sgt. Kevin Hoover at 552-1265.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

## African American kick-off luncheon

First Lt. Albert Moseley, 611th Air Intelligence Squadron, and Col. Scotty Lewis, 3rd Wing vice commander, unveil a lithograph of the Tuskegee Airmen to present to Dr. Alonzo Patterson, the guest speaker for the African American Heritage Month kick-off luncheon on Jan. 27.



# Sourdough Spotlights



**Congratulations to the following 2005 Pacific Air Forces award winners**

**Lt. Col. Victor Rosenbaum,**  
3rd Medical Support Squadron,  
Commitment to Service award

**Capt. Zoya Lee-Zerkel,** 3rd MDSS  
Outstanding Resource Management Officer

**Lester Glorioso,** 3rd MDSS  
Outstanding Health Plan Management Civilian

**Senior Master Sgt. Michael Perez,**  
3rd Medical Operations Squadron  
Cardiopulmonary SNCO of the Year

**Master Sgt. Ursula Young,** 3rd Dental Squadron  
Outstanding Dental NCO

**Lt. Col. Cecelia Sutton,** 3rd MDSS  
Nursing Service Field Grade Officer of the Year

**Capt. Brian Molloy,** 3rd MDOS  
Certified Registered Nurse Anesthetist of the Year

**Capt. Vicki Lumley,** 3rd MDOS  
Alan W. London CGO Psychologist of the Year

**Maj. David Lincoln,** 3rd MDSS  
USAF Laboratory Medicine,  
Clinical Scientist of the Year

**Senior Airman Crystal Devere,** 3rd MDSS  
USAF Laboratory Medicine, Airman of the Year

**Lt. Col. Jane Heetderks-Cox,** 3rd MDSS  
FGO Dietitian of the Year

**Capt. Christi Logan,** 3rd MDSS  
CGO Dietitian of the Year

**Senior Master Sgt. Tad Alex,** 3rd MDSS  
Chief Master Sgt. Harvey A. Cain  
Diet Therapy SNCO of the Year

**Senior Airman Pamela Lyons,** 3rd MDSS  
Chief Master Sgt. Harvey A. Cain  
Diet Therapy Airman of the Year

**Capt. Roger Lee,**  
3rd Aerospace Medicine Squadron  
Bioenvironmental Engineering Company Grade  
Officer of the Year

**Senior Airman Jenny Tull,** 3rd AMDS  
Bioenvironmental Engineering Airman of the Year

**Master Sgt. John Liswig,**  
3rd Aerospace Medicine Squadron  
Col. Donald D. Dunton Optometry Award SNCO

**Master Sgt. Mark Davis,** 3rd MDSS  
SNCO Pharmacy Technician of the Year

**Joseph Klos,** 3rd MDSS  
Civilian Pharmacy Technician of the Year

**Maj. Glenn Campbell,** 3rd MDOS  
FGO Occupational Therapist of the Year

**Master Sgt. Pamela Rhude,** 3rd MDOS  
Chief Master Sgt. Lewis W. Dunlap Award for  
Outstanding Mental Health SNCO of the Year

**Senior Master Sgt. Larry Heers,** 3rd MDSS  
Surgeon General's Medical Information Systems  
SNCO of the Year

**Staff Sgt. Ghanshyam Sharma,** 3rd MDSS  
Surgeon General's Medical  
Information Systems NCO of the Year

**Senior Airman David Woolery,** 3rd MDSS  
Surgeon General's Medical  
Information Systems Airman of the Year

**Brittney Kyle,** 3rd MDSS  
Surgeon General's Medical Information Systems  
Civilian of the Year

**Paul M. Godin,** 3rd MDSS  
Outstanding Resource Management – Civilian

**Tech. Sgt. Jaime Allwood,** 3rd MDSS  
Outstanding Health Plan Management  
NCO of the Year

**Airman 1st Class Toni Beamer,** 3rd MDSS  
Outstanding Health Plan Management  
Airman of the Year

**Senior Master Sgt. William Bowmer,** 3rd MDSS  
Chief Master Sgt. Anton Zembrad Award for  
the Outstanding Air Force Diagnostic Imaging  
Technologist of the Year – SNCO

**Senior Airman Monica Villa,** 3rd MDSS  
Chief Master Sgt. Anton Zembrad Award for  
the Outstanding Air Force Diagnostic Imaging  
Technologist of the Year – Airman

**Senior Airman Mary Ann Prescott,** 3rd MDSS  
Outstanding Enlisted Health Services  
Management Award – Airman

**Tech. Sgt. Cora Mick,** 3rd AMDS  
USAF AMDS Expeditionary Operations/Readiness  
Award – NCO



# Air Force uses new system for emergency response

AFIMS assures continuity, consistency with national system

By Senior Master Sgt. David Hudson  
3rd Wing Installation Exercise Program Office

Do Air Force acronyms drive you crazy? They do me at times. However, the Air Force has developed a new acronym for us that will become as standard as TI is to Technical Instruction or OIC is to officer in charge.

Since the first day of basic training, the term NCOIC became very evident and had a very big impact on all of our careers. The new term, AFIMS for Air Force Incident Management System is sure to have a big impact on all of our careers.

AFIMS is one of the newest acronyms added to our vocabulary and it comes with a few other acronyms:

- IOC – Installation Operations Center
- CAT – Crisis Action Team
- EOC – Emergency Operations Center
- IC – Incident Commander

These new terms all come to us from the National Incident Management System. You may have

heard of or read some of these terms in the newspaper or other media resulting from Hurricane Katrina or any of the many other natural disasters recently.

President George W. Bush issued Homeland Security Presidential Directive 5 on Feb. 28, 2003. The directive ordered the federal government to develop language and an integrated system of emergency management that provided a consistent nationwide template for all sectors of government, federal; state; and local to work together during domestic incidents, regardless of size or complexity.

Many lessons have been learned since the inception of NIMS with the emergencies that occur daily throughout the United States.

Many require resources over and above the capability the local jurisdiction may have. This common language and standard was developed so all government entities

could more easily operate together. NIMS provides core components, principles, terminologies and technologies covering interoperability and commonality shared amongst all emergency responders.

Maj. Gen. Dean Fox, the Air Force civil engineer, directed the Air Force to adopt the basic tenets of NIMS and in doing so coined the acronym AFIMS.



Air Force Instruction 10-2501, *Emergency Management Planning and Operations*, currently in coordination, defines the program as “a cross-functional program that integrates procedures and standards for planning; logistical requirements; emergency response actions; emergency response organizational guidelines; exercises and evaluations; personnel training; detection, identification and warning; notification; and enemy attack actions.”

AFIMS goes beyond NIMS. NIMS is a domestic program and AFIMS will become an in-

ternational program under the Air Force umbrella because it goes beyond our borders.

AFIMS applies to readiness operations at Air Force installations around the world and covers both peacetime and wartime conditions. Its prescribed planning process helps commanders achieve unity of effort, allocate and use resources wisely, and identify shortfalls in their response capabilities, according to the AFI.

Emergency Operations Centers, much like the old Survival Recovery Centers, coordinate the lion’s share of information and resources to support emergency management response.

The EOC, using core functions, provides a group of capabilities organized into Emergency Support Functions.

These are the primary operational-level structures providing support to the emergency response whether a natural disaster or wartime related. This function replaces the Survival Recovery Center that most of us are familiar with from our Operational Readiness Exercises.

As the process matures, it will become more evident that AFIMS has direct application to civilian agencies that subscribe to the similarly termed NIMS, helping us work closely together with our downtown counterparts.



**Disposition of personal effects**

■ 2nd Lt. Kelsi Matwick, 3rd Mission Support Squadron, is authorized to make disposition of the personal effects of Staff Sgt. Brian McElroy, 3rd Security Forces Squadron, as stated in AFI 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Matwick at 552-2634.

■ 2nd Lt. Jeremy Harris, 3rd Communications Squadron, is authorized to make disposition of the personal effects of Tech. Sgt. Jason Norton, 3rd Security Forces Squadron, as stated in AFI 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Harris at 552-8102.

**PACAF Family Days**

Gen. Paul V. Hester, Pacific Air Forces commander, made the following changes to the 2006 PACAF family day schedule.

Instead of Dec. 22 and Dec. 29, Dec. 26 and Jan. 2 will be observed PACAF Family Days.

In addition, due to the Unit Compliance Inspection, 3rd Wing members will not observe the Feb. 17 family day. Instead the wing will observe an alternate family day on Feb. 24.

The PACAF Family Days are May 26, July 3, Sept. 1 and Nov. 24.

Civilians are encouraged to

take annual leave or use accrued compensatory time.

**SNCO Academy extension request**

SNCOs enrolled in the SNCO Academy course 12 must now request extensions through the Education Office in person.

For more information, call 552-9647.

**Volunteers needed**

The Military Equal Opportunity office is seeking volunteers to serve as committee members for the Women’s History Month and the Asian/Pacific Islander Heritage Month observance committees. Committees are forming now and chairpersons are also needed.

If interested in volunteering, call the MEO office at 552-2115 or e-mail [3WG/ME@elmendorf.af.mil](mailto:3WG/ME@elmendorf.af.mil).

**Tax Center**

The Tax Center is now open in the basement of the People Center. The Tax Center is available for appointments 8 a.m.-4 p.m. Monday, Wednesday and Thursday and 1-4 p.m. Tuesday. Walk-in hours are 8 a.m.-noon Tuesday and Friday.

For more information, call 552-3058.

**Elmendorf passes extended**

Due to a shortage of Air Force Registered Vehicle Expiration

Stickers, Elmendorf and Ft. Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until the end of February.

The pass and registration office is waiting for the shipment of its requested allocation.

For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

**Self defense class**

A self defense class takes place from noon-2 p.m. Saturday at the Youth Center. The class is called “Self Defense Key Chain,” and participants will receive a key chain to keep.

The class is for ages 12 and up and costs \$35 per person. Anyone interested can register and pay at the Youth Center.

For more information, call the Youth Center at 552-2266.

**Renters Insurance**

All Aurora Phase I and II residents are eligible for free renters insurance or may qualify to receive \$8 credit per month if personal insurance is already in place.

For more information, call 753-1023.

**TSA screening requirements**

The Elmendorf passenger terminal is required to follow Transportation Security Administration guidelines.

For that reason, these items may now be carried in baggage: small metal scissors with a cutting edge less than 4 inches, screwdrivers, wrenches, pliers and other tools less than 7 inches. For a complete list of examples, visit the TSA Web site at [www.tsa.gov/public](http://www.tsa.gov/public).

For more information, contact the passenger terminal at 552-8588.

Textile Arts show and tell

The Armed Services YMCA is sponsoring a Textile Arts show and tell for military spouses 6-8 p.m. Wednesday at the Warrior Zone on Ft. Richardson.

Spouses are encouraged to bring projects and share quilting, knitting, crocheting, cross stitching and needlepoint.

For more information, or to reserve a seat, call Judy Atkins at 384-9622.

Load Crew of the quarter

The Load Crew of the quarter competition is scheduled for 9 a.m. Feb. 17 in Hangar 5.

For more information, call 552-3746.

Tuition Assistance

Tuition Assistance cannot be issued for any course that has already started or exceeded the registration period. Students attempting to obtain their TA after the start date or registration period will be required to pay for those courses out of their own

pockets.

The Education Center highly encourages students to apply for their TA at least one week prior to the start of class to avoid any delays.

For more information, call 552-3164 or stop by.

Annual Awards Banquet

The Team Elmendorf Annual Awards Banquet is Feb. 10 at the Susitna Club Ballroom.

The social begins at 6 p.m., and dinner will be served at 7 p.m.

Menu choices are: London broil or stuffed chicken breast, \$21 for members, \$24 for nonmembers; halibut, \$27 for members, \$30 for nonmembers.

R.S.V.P by Monday to attend.

For more information, contact your unit first sergeant.

Heartlink Session

The Heartlink Session for new Air Force spouses is 8:45 a.m.-3 p.m. Thursday at the Family Support Center.

For more information, or to enroll, call 552-8476

Airman’s Attic

The Airman’s Attic is open to all ranks 11 a.m.-3 p.m. on the first Saturday of each month beginning Saturday.

Other hours are 10 a.m.-2 p.m. Mondays and Wednesdays for senior airmen and below, Fridays for technical sergeants and below, and all ranks on the last Friday of the

month.

The Airman’s Attic is located at 7179 Fighter Dr.

For more information, call 552-5878.

FCC Orientation

The next FCC Orientation and Training is 9 a.m.-5 p.m. Feb. 14-17.

Anyone conducting child care services in base housing for more than 10 hours per week on a regular basis must be a licensed Family Child Care provider according to Air Force Instructions.

For more information on how to obtain certification, call 552-3995.

Nutrition classes

The 3rd Medical Group offers several nutrition classes at the Nutritional Medicine Clinic.

The classes target weight, cholesterol, blood pressure and diabetes management as well as prenatal nutrition. Individual counseling is also provided.

For more information, call the 3rd MDG Nutritional Medicine Clinic at 580-4310.

Free movie

The Armed Services YMCA will sponsor a free showing of the “Chronicles of Narnia” at 2 p.m. Feb. 11 at the Ft. Richardson theater.

Active-duty members and military families can pick up tickets starting Monday at the central office at 7179 Fighter Dr.

For more information, call Taryn Perez at 552-9622.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.





PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

### Capt. Nicholas Register

**Organization and duty title:** 19th Fighter Squadron, life support flight commander

**Hometown:** Durham, N.C.

**Hobbies:** All sports, reading and home improvement

**Mission contributions:** Focuses primarily on tactical growth, both on the squadron and personal level, prepares to dominate the enemy in time of war. Secondly, strives to give the life support staff everything they need, personally and professionally, to complete their essential mission.

**Time at Elmendorf:** One year

**Time in the Air Force:** Six years, seven months

**Best part about being in Alaska:** Camaraderie and extreme environment

**Quote from commander:** “‘Skosh’ earned our [Company Grade Officer] of the fourth quarter for his tactical prowess by entering two-ship flight lead upgrade in less than one year on station. [He is also] an outstanding advocate for his five life support enlisted Airmen who are working six days a week, 12 hours a day, preparing for the [Unit Compliance Inspection] and for supporting our flying schedule with outstanding life support gear to include the Joint Helmet Mounted Cueing System and night vision goggles.” Lt. Col. Roger Witek



PHOTO BY STAFF SGT. ALAN PORT

### Airman 1st Class Keondra Harris

**Organization and duty title:** 3rd Aerospace Medicine Squadron health services management apprentice

**Hometown:** Augusta, Ga.

**Hobbies:** Reading and spending quality time with my husband

**Mission contributions:** Helps ensure the flying squadrons are medically cleared for the war-time mission.

**Time at Elmendorf:** Two years and three months

**Time in the Air Force:** Two years and seven months

**Best part about being in Alaska:** Picturesque summers

**Quote from supervisor:** “Airman Harris is the focal point of contact for all the Flight Medicine Clinic patients and family members. Her knowledge and experience goes beyond the daily operations of the clinic environment. She strives to get the job done the first time, on time, every time; while making customer service her number one priority.” Staff Sgt. Danica Likens



# CMSAF announces retirement

The 14th Chief Master Sergeant of the Air Force, Gerald R. Murray, announced plans to retire this summer after serving more than 28 years.

Chief Murray has served as the chief master sergeant of the Air Force since July 1, 2002.

“I’ve grown up as an Airman,” Chief Murray said. “The Air Force has been a way of life for me for so long, I know it will be bittersweet to say farewell.

“I’ve been tremendously blessed in my personal and professional life and I owe a great deal to those Air Force leaders, mentors and peers who helped me throughout my career,” he said. “I have found that the Air Force has given back to my family and me 10 times what I have given to it, and I am truly grateful.”

Chief Murray enlisted in October 1977 from his Boiling Springs, N.C., hometown, but he feels

the Air Force will always be something he calls home.

“I’m also grateful to have represented the best enlisted force in the world to our senior leaders, to Congress and to the American public,” Chief Murray said. “It’s truly been an honor to serve with such outstanding Airmen and great Americans. While my retirement will take me away from active duty status, I will always be an Airman.”

Chief Murray’s official retirement date is Oct. 1, but a formal ceremony and appointment for the 15th chief master sergeant of the Air Force is planned for June 30.

The Air Force chief of staff selects the person to fill the position of chief master sergeant of

the Air Force. Each major command and direct reporting unit commander and deputy chiefs of staff can nominate potential successors from within their respective commands.

*(Courtesy of Air Force Print News)*



COURTESY PHOTO  
**Chief Master Sergeant of the Air Force Gerald R. Murray**

## SNCO court-martialed

**By Staff Sgt. Francesca Popp**  
*3<sup>rd</sup> Wing Public Affairs*

A SNCO assigned to 3rd Wing Plans, Programs and Inspections was sentenced to 30 days confinement, demotion to technical sergeant and forfeiture of \$500 for two months during a special court-martial Jan. 26-27.

A master sergeant was found guilty of assault consummated by a battery.

According to court records, the sergeant placed his wife in a full nelson restraining hold. He slammed her head into her chest, causing her to chip a tooth and strain her neck, back and shoulders.

The defendant testified it was a mutual fight that only happened once, said Capt. Brandon Jaroch, 3rd Wing Legal Office attorney.

“This case is more egregious than other domestic violence cases because of the likelihood of serious injury that could have resulted from the hold he used to subdue his spouse,” Captain Jaroch said. “This was banned in collegiate wrestling because of the numerous serious injuries it caused. Fortunately, the sergeant’s spouse suffered relatively minor injuries from the assault, which could have left her paralyzed from a broken neck.”

## DO THE RIGHT THING

continued from Page 2

Every member should also be actively encouraged to “... cut the grass and pick-up the dead cats” throughout their unit. I use that saying often with my own team; a silly metaphor that gets to the heart of it. There is nothing worse than to see an organization die from within due to neglect ... and you all know

what I’m talking about. It’s the organization that lacks “mojo” and a warrior spirit.

You may not see all the dead cats through the tall grass, but you immediately recognize the difference between a team that has reached “Outstanding Unit” status and one that isn’t focused on their mission.

Small organizational changes and base improvements are all around us.

If everyone embraces the mind-set, “...

if you can touch it, you can fix it ...” Elmen-dorf’s record of excellence will continue to expand beyond the bounds of just one installation.

And before you know it, this “fix-it” attitude will have had a positive effect on our company, the Air Force, as a whole, making the company better for all of us and those that follow.

Continue to do the right thing, always.



# Identical twins keep military tradition alive

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

In today's Air Force, it is not uncommon for two or more siblings to join, or be stationed together, but what if those siblings are identical twins, like the two who are stationed at Elmendorf?

The sisters, 2nd Lt. Keri Matwick, 19th Fighter Squadron adjutant, and 2nd Lt. Kelsi Matwick, 3rd Mission Support Squadron Personnel Readiness Unit chief, do just about everything together, including joining the Air Force.

The twins, who come from a military family which includes their brother, Capt. Seward Matwick, an F-16 pilot stationed at Misawa Air Base, Japan, their sister-in-law Capt. Brooke Matwick, a meteorologist also at Misawa, their dad, retired Lt. Col. John Matwick, a former C-130 pilot, their grandmother, a former Navy nurse and their grandfather, a World War II pilot, didn't consider an Air Force career until their senior year in high school.

"We were applying for schools and scholarships, and our dad said, 'Hey, why don't you apply for an ROTC scholarship.' So we enrolled and saw all the great opportunities the Air Force offered," said Keri.

This came as a bit of a shock to their brother.

"I was surprised at first," said Captain Matwick. "I had no idea they were interested in the military."

The sisters, who both attended the University of Notre Dame, and majored in Spanish, wanted the personnel career field, but were told it would lessen their chances of being stationed together.

"We really wanted to be stationed together," said Kelsi. "So we asked around, and were told we would have a better shot if we had different [Air Force Specialty Codes]. But

we both wanted personnel. When it came time to pick our assignments, we both put Elmendorf as our number one choice. We were surprised and thrilled that we got to stay together."

Other family members were equally surprised.

"I couldn't believe it, I thought the Air Force would give them the opportunity to separate and become more independent," said their brother. "But it has worked out well. It has given them the opportunity to mature, while still having that safety net."

Arriving at Elmendorf in July, the twins enjoy exploring Alaska and are learning how to cross-country ski and snow-shoe. According to their mother, Ann Matwick, they have enjoyed being together since they were born.

"Ever since they were little, they have had a level of teamwork that allowed them to do things one kid couldn't do," said Mrs. Matwick. "They were always crawling out of their cribs, turning on lights, and opening doors and windows."

But despite causing some headaches with their "double trouble" mischief, Mrs. Matwick said that their teamwork is what has gotten them so far.

"I have no doubt they are more than they would have been by themselves. They have this partnership which gives them the confidence and discipline to accomplish their goals," she said.

It's because of that partnership, said Mrs. Matwick, that she hardly ever had to mediate their disputes.

"[Keri and Kelsi] have always been able to work out their problems by themselves. For example, they share a townhouse together which has a master bedroom and a guest bedroom. They decided that to be fair, one would get the bigger bed-



COURTESY PHOTO

**Second Lts. Keri and Kelsi Matwick, pose for a picture after a half-marathon. The sisters do a lot of things together, including working out.**

room for two months and then they would switch out. They also decided that instead of calling it the master and guest bedrooms, they would call them the salmon and halibut rooms."

One would think that doing so much together would lead to some competitiveness, but the twins said their relationship is more motivational than it is competitive.

"We are competitive, but I think that helps us encourage each other," said Keri. "We are always motivating each other, like 'You can do better than that, sis.' Like grades, we always kind of switched off. In high school, I was the valedictorian, but at Notre Dame, Kelsi had a higher grade point average, but we both did equally well."

Mrs. Matwick agreed, and added that their competitiveness was directed at everyone else.

"It was always them against the third person," she said. "It didn't matter which one finished first or second, as long as it was them finishing first and second."

Being identical twins, they've had opportunities to trade places.

"We did pull a switch in middle school," said Kelsi. "One day, we

took each other's classes for the whole day. We even took each other's English test; fortunately, we scored the same for each other."

The twins added that while the teachers never caught on, some friends did.

They have also been mistaken for the other. They said it even took some family members a while to identify them correctly.

"Our brother and our mom could tell us apart immediately," said Kelsi. "But it took our dad a little while longer, because he was [away on a temporary duty assignment] for three months right after we were born. Our mom put a rubber band on Keri's left wrist to help our dad until he learned."

Keri added that the grandparents also had a tough time.

"Our Grandma paid for our ears to be pierced so that we could wear different color earrings, so it would be easier for her to tell us apart."

Whether or not the twins decide to make a career of the Air Force, their families are proud that they made the decision to join. Their mother said it is something they can always be proud of.



PHOTO BY SENIOR AIRMAN JARED MARQUIS

**Second Lts. Keri and Kelsi Matwick, laugh as they tell stories about growing up together. The sisters are stationed at Elmendorf.**



**Don't forget to wear your reflective belt during hours of reduced darkness**



# Air Force pays respects to fallen Arctic Warriors

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

Team Elmendorf and deployed service-members paid their respects to two fallen Arctic Warriors last week.

Tech. Sgt. Jason Norton and Staff Sgt. Brian McElroy, 3rd Security Forces Squadron, were killed Jan. 22 near Taji, Iraq. The Airmen were members of a convoy traveling north of Baghdad when their vehicle hit an Improvised Explosive Device.

The Airmen had been deployed for about three months, and were assigned to the 586th Expeditionary Logistics Readiness Squadron, 70th Medium Truck Detachment.

The Elmendorf ceremony was held in Chapel 1, and broadcast to the Chapel 1 Annex to allow the overflow of mourners to watch the service. Many members of the immediate family were able to make the trip thanks to donations from 3rd SFS members.

Hardly a dry eye in the building watched as the 3rd SFS first sergeant called the names of the Airmen during a roll call, to which the only response was “Not present, only in mind and spirit.” Following the roll call, 3rd SFS Commander Lt. Col. Brett Meyer presented the Airmen’s families with the Bronze Star Medals (posthumous).

When it was time for 3rd Wing Commander, Brig. Gen. Hawk Carlisle to speak, he could barely hold back tears as he told the families he wished, more than anything in the world, he could take the pain away.

“I can’t, no one can,” said General Carlisle. “But I can tell you from personal experience that Jason Norton and Brian McElroy were great Americans. They answered a call to a higher purpose and served their country with honor and dignity. You should be very proud of these men.”

Those that knew Sergeants Norton and McElroy, were shocked and saddened to learn of their deaths.

“When I heard who was [killed], I got up and went outside and cried,” said Staff Sgt. Francisco Alcocer, 379th Expeditionary Security Forces Squadron, deployed to Southwest Asia from Elmendorf. “I lost my two best friends.”

The people who knew the sergeants best, said they were hard working, devoted family men.

“A person’s character is defined by those things they do in everyday life,” said David Fallon, 3rd Security Forces Squadron and friend of Sergeant McElroy. “And, I am here today to tell you, that Brian McElroy was a great man, and he had great character.”

“He was generous, funny and loyal,” he continued. “And he had many friends, many who are here today, and many who could not be.”

“He loved his wife, and his daughter and spoke of them often, always with a gleam in his eye; they were the great loves in his life,” said Mr. Fallon.

Friends of Sergeant Norton agreed that his family was the most important to him as well.

“Tech. Sgt. Jason Norton, was first and foremost a family man,” said Staff Sgt. Andrew Limes, 3rd SFS. “Family meant everything to him.”

Sergeant Limes told a story about how he and Sergeant Norton had taken a motor home trip to Seward, Alaska. One of Sergeant Norton’s responsibilities was to bring the music, however, he forgot all but his favorite CD, “Money Ain’t Everything,” by Clay Walker. Sergeant Limes said the song was played over and over during the two hour trip.

To Sergeant Norton, that song meant that nothing was as important as family, said Sergeant Limes.

“If you don’t have family, what else do you have? Nothing. Family was everything to him.”

Sergeant Alcocer was one of two Airmen to escort his friends back to the U.S. He was

grateful to be able to attend the service here. “I want to thank the chief and Colonel Meyer for getting me here and allowing me to talk about my brothers this way,” he said.

Sergeant Alcocer then explained how he has turned to poetry as a way to deal with the loss of his best friend, Sergeant McElroy. After reading a poem he wrote for his ‘brothers,’ Sergeant Alcocer turned to Sergeant McElroy’s wife Aymber McElroy and told her he would give anything so that she could have him back.

Following Sergeant Alcocer at the podium was Kyle Alexander, a close friend of Sergeant Norton. He told stories about their fishing and hunting expeditions, and the importance Sergeant Norton placed on family and friends.

Choking back tears, Mr. Alexander said, “Jason was the kind of son every parent hoped for, the father every child deserves, and the husband every woman hopes to find. He was someone I had the honor of calling my best friend, my brother. Although we never said it, it was a mutual understanding between us, I loved Jason, and I will always miss him.”

After friends of the two Airmen shared their thoughts, the families of the Airmen were presented with flags, while shots from a 21-gun salute rang out for the Airmen. A member of the U.S. Air Force Band of the Pacific played “Taps.”

Following the ceremony, Airmen and civilians alike, lined up out the door of the chapel to pay their respects to the two heroes.

The deaths of the Airmen affected more than just Team Elmendorf. Coalition forces and U.S. servicemembers held several memorial services in deployed locations worldwide, including the fallen Airmen’s deployed unit in Southwest Asia, in which more than 600 mourners paid their respects.

The Airmen made an impact on all they came across, including Capt. Kimani Alston 70th MTD commander.

“Sergeant Norton was my ‘go-to-guy,’”

said Captain Alston, at one deployed ceremony. “His last mission was the first for our detachment to that new location. He was one of our best and was excited to go on the dangerous mission.”

“Sergeant McElroy was chosen to be the driver and a driver must be strong and capable. The fact that he was chosen, should speak for itself.”

Col. Mike Trapp, 586th Expeditionary Mission Support Group commander, said the Airmen were a shining example of the abilities of the expeditionary Airman.

“We’re here today to remember two Airmen who gave the ultimate sacrifice. They put the welfare of others above their own. Jason and Brian were called upon to join a new group of warriors and be transporters. People were worried the Air Force wouldn’t be up to it, but they were wrong and the Airmen have made the Air Force and Army proud. They leave behind a legacy of leadership and service that will follow me the rest of my life,” he said.

After hearing the news about their fallen comrades, not only did 3rd SFS members put black tape over their badge to signify the loss of one of their own, but so did others, who didn’t know the Airmen.

“We’re [security forces], a brotherhood. We go through the same training, face the same harsh weather conditions and six-month [deployments]. It’s heartfelt,” said Senior Master Sgt. Juan Thomas, 379th ESFS.

Another Elmendorf Airman was injured in the blast that took the lives of Sergeants Norton and McElroy, and will return home in a couple of months.

The families are asking that donations be made to a college fund for the children in lieu of sending flowers.

*Editor’s note: Tech. Sgt. Veronica Aceveda, 379th Air Expeditionary Wing Public Affairs and Staff Sgt. Jasmine Reif, 386th AEW Public Affairs contributed to this story.*



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

**Clockwise from above: Members of the Elmendorf Base Honor Guard fold the U.S. flag during a memorial ceremony for two fallen Arctic Warriors Jan. 27. Tech. Sgt. Jason Norton and Staff Sgt. Brian McElroy, 3rd Security Forces Squadron, were killed Jan. 22 near Taji, Iraq, when their vehicle hit an Improvised Explosive Device.**

**Col. Tim Hale, 386th Air Expeditionary Wing commander, prays for two fallen Airmen during a memorial retreat in Southwest Asia Jan. 27. More than 600 people attended the retreat.**

**The combat boots signify the final march into battle.**

**A Security Forces member calls out the names of Sergeants Norton and McElroy during a ceremonial roll call at a deployed location.**

**Security Forces members at a deployed location, can’t hold back tears as the names of their friends are read during the roll call.**

**Cover: A final memorial tribute to Sergeants Norton and McElroy is displayed during their memorial retreat Jan. 27 at the 386th Air Expeditionary Wing in Southwest Asia. The helmet and identification tags represent the fallen servicemember, the combat boots signify the final march of the last battle and the inverted rifle with a bayonet symbolize a time for prayer and a break in the action to pay tribute to a fallen comrade.**



PHOTO BY STAFF SGT. JOSHUA STRANG



PHOTO BY STAFF SGT. PATRICIA FINDLEY



PHOTO BY STAFF SGT. JOSHUA STRANG



PHOTO BY STAFF SGT. JOSHUA STRANG

In lieu of flowers, the families are asking for donation to the following accounts:

Jason L. Norton Memorial Account  
C/O Alaska USA Federal Credit Union  
P.O. Box 196613  
Anchorage, Alaska 99506-6613  
Make checks payable to  
Christina Norton

For the Kaley McElroy Educational Fund:

First Bank of Colorado  
3500 South Wadsworth Blvd.  
Lakewood, CO 80235  
Attention: BEA





# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

## Making Cards for Deployed Troops

**Today**  
**Katmai Child Development Center & Part Day Preschool**  
**552-2697**

### Give Parents a Break

**7-11 p.m. Today**

**Denali CDC, 552-8304** (call for reservations)

### Bird Feeders with Your Child

**3:30-4:30 p.m.**

**Feb. 10**

**Sitka CDC, 552-6403**  
(for currently enrolled children)

### Lunch & Learn "Dental Hygiene for Young Children"

**11:45 a.m.-12:45 p.m.**

**Feb. 15**

**Sitka CDC, 552-6403**  
**& Katmai CDC, 552-2697**  
**Feb. 16 - Denali CDC, 552-8304**

### Give Parents a Break

**1-5 p.m.**

**Feb. 25**

**Denali CDC, 552-8304**  
(call for reservations)



## Couple's Night

**5-9 p.m.**  
**Thursdays**  
**Hillberg**  
**Ski Area**



*Couples receive a complimentary lift ticket with the purchase of an \$8 all-hill lift ticket*

*Both parties must be present at time of purchase*



**Rubber Stamp Sale**  
**Now-Feb. 28**

**Ceramic Molds Sale**  
**Feb. 15-28**

*Show your services card and receive an additional 10 percent off*

**Morning Coffee Conversation**  
**10:30 a.m. Thursdays**

**Book club for spouses of deployed military members**



**Arctic Oasis Community Center, 552-8529**

### Today

**RC (Rajun Cajun DJ) 9 p.m.-3 a.m.,** 18 and older, Kashim Lounge, 753-6131

**Night Hoops 8:45-11:30 p.m.,** Teen Center, 753-2371

**Hula Lessons 4-5 p.m.,** ages 4 to adult, Arctic Oasis, 552-8529

**Open Bowling 5 p.m.-1 a.m.,** \$2.75 per game, \$1.75 shoes, children's sizes 13 and below are \$1.25, Polar Bowl, 552-4108

**Making Cards for Deployed Troops,** Katmai Child Development Center and Part Day Preschool, 552-2697

**Snowmachine Trip 5 p.m.,** Hillberg Ski Area, 552-4527

**Beginner Sewing "Easy Does it Learning" 6:30-9 p.m. today, Feb. 10, 17 and 24,** \$35 plus kit, bring sewing machine, limited to six people, Arts & Crafts Center, 552-7012

**Free Lift Tickets for Dorm Residents 5-9 p.m.,** Hillberg Ski Area, 552-4838

**Give Parents a Break 7-11 p.m.,** call for reservations, Denali CDC, 552-8304

### Saturday

**DJ, House Band and Dance Competition 8:30-11:30 p.m. at The Cave,** ages 13-18, for details contact the Teen Center, 753-2371

**Xtreme Bowling 9 p.m.-1 a.m.,** \$18 includes shoe rental, Polar Bowl, 552-4108

**Hip Hop and Jazz Classes 10-11 a.m.,** ages 4-18, Arctic Oasis, 552-8529

**Karaoke 9 p.m.,** 18 years and older, Kashim Lounge, 753-6131

### Cross Country Ski Waxing Clinic

**1 p.m.,** free, Outdoor Recreation, 552-2023

### Family Day Out at the Craft Shop

**11 a.m.-3 p.m.,** \$35 per family, R.S.V.P. to Arts & Crafts Center, 552-7012

### Oil Painting "Waterfalls"

**11 a.m.-3 p.m. today and Feb. 18,** \$45, all supplies included except a 16- by 20-inch canvas, Arts & Crafts Center, 552-7012

### Kids Corner "Ceramic Painting"

**1-3 p.m.,** \$15, ages 3-10, Arts & Crafts Center, 552-7012

**Snowmachine Trips noon, 3 p.m. and 6 p.m.,** Hillberg Ski Area, 552-4527

**Beginner Sign Language 2-4 p.m. today, Feb. 11, 18 and 25,** \$35, Arts & Crafts Center, 552-7012

**Ski Trip to Hilltop 8 a.m.-7 p.m.,** \$49 with equipment rental from the Outdoor Adventure Program, \$37 without equipment, \$10 transportation only, Information, Tickets & Travel, 753-2378

### Sunday

**Beginner Cross-Country Ski Lessons 1 p.m.,** \$5 or free if skis are purchased or rented for the season, Outdoor Recreation, 552-2023

**Family Xtreme Bowling 1-8 p.m.,** \$30 for up to six bowlers, shoe rental, two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

**Teen Super Bowl Party 2 p.m.,** games and prizes, ages 13-18, \$10 Youth Center members, \$15 nonmembers, Youth Center, 552-2266

### Super Bowl Sunday 11 a.m.,

watch the game on the big screens, enjoy fun, food and prizes, Kashim Club, 753-6131

**Snowmachine Trips noon, 3 p.m. and 6 p.m.,** Hillberg Ski Area, 552-4527

### Monday

#### E-4 and Below Special 5-9 p.m.,

50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

### Tuesday

**Bowler Appreciation Night 5-9 p.m.,** \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

**Yoga Classes 10-11 a.m.,** \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Tang Soo Do Martial Arts Classes,** assorted times for ages 3 to adult, Youth Center, 552-2266

### Wednesday

**Wednesday Night Madness 5-9 p.m.,** \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

**Bunco Potluck Party 5-9 p.m.,** \$5 plus potluck dish, minimum 12 participants, Arctic Oasis, 552-8529

**Ceramics "Make 'n Take" 6-8 p.m.,** \$15, Arts & Crafts Center, 552-7012

### Thursday

**Red Pin Bowling 5-9 p.m.,** get a red headpin strike and receive a free game, Polar Bowl, 552-4108

### Morning Coffee Conversation

**10:30 a.m.,** book club for spouses of deployed members, Arctic Oasis, 552-8529

**Yoga Classes 10-11 a.m.,** \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Couple's Night 5-9 p.m.,** couples receive a complimentary lift ticket with the purchase of an \$8 all-hill lift ticket, both parties must be present at the time of purchase, Hillberg Ski Area, 552-4838

**Torch Club Valentine Dance 4-5:30 pm,** Youth Center, 552-2266

### Feb. 10

**Hula Lessons 4-5 p.m.,** ages 4 to adult, Arctic Oasis, 552-8529

**Pre-Teen Dance 6-8 pm,** \$5, Youth Center, 552-2266

**Night Hoops 8:45-11:30 p.m.,** Teen Center, 753-2371

**Snowmachine Trip 5 p.m.,** Hillberg Ski Area, 552-4527

**Bird Feeders with Your Child 3:30-4:30 p.m.,** for currently enrolled children, Sitka CDC, 552-6403

**RC (Rajun Cajun DJ) 9 p.m.-3 a.m.,** 18 and older, Kashim Lounge, 753-6131

**"Warm Up Anchorage" 6-8 p.m.,** learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012

**Open Bowling 5 p.m.-1 a.m.,** \$2.75 per game and \$1.75 shoes, children's shoe sizes 13 and below \$1.25, Polar Bowl, 552-4108



# Celebrating Black History

By Capt. Tony Wickman  
71st Flying Training Wing Public Affairs

## Across

1. Simpson trial judge  
4. Stroke  
7. African-American botanist, agri-cultural chemist, educator  
10. Ciliate  
14. Complied  
15. American slave leader Nat  
16. Age  
17. Boardinghouse  
18. “Country \_\_\_\_\_”; Grammy Artist Nelly’s first album  
22. Carter G. \_\_\_\_; known as “Father of Black History”  
26. TV character Monk’s illness, in short  
27. Bother  
28. Football stat  
29. Bullfight cheer  
30. Bonnet denizen?  
31. Discounts  
33. Mil. confidential disclosure state-

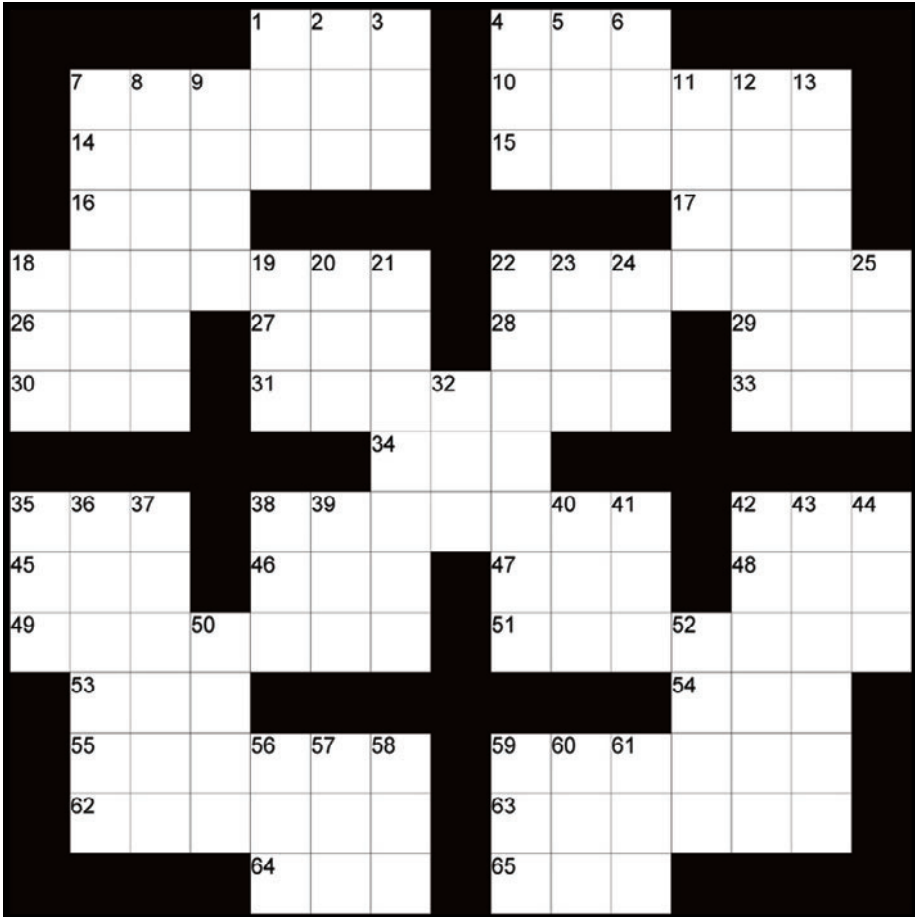


Jan. 27 solutions

- ment  
34. German article  
35. Japanese sash  
38. First African-American woman sheriff (Fulton Co., Ga.)  
42. HHG movement org.  
45. Grammy-winning rap group \_\_\_\_ DMC  
46. Tolkien character  
47. Body of water  
48. North Central North Carolina river  
49. Finales  
51. Valved brass wind instruments  
53. Spy org.  
54. Actress Dolenz  
55. Mortals  
59. African-American Underground Railroad conductor Harriet  
62. Fertilized egg  
63. Brightly colored marine fish  
64. Knee ligament, in short  
65. Picnic pest

## Down

1. \_\_\_\_ League  
2. Golf prop  
3. Former California fort  
4. Tap lightly  
5. Flightless bird  
6. Rocky cliff  
7. Force  
8. Chafe  
9. Bore  
11. Home to Vance AFB  
12. Liberian president Stephen \_\_\_\_ (1855)  
13. Tennessee AFB  
18. Lump  
19. Damage  
20. Sweetened beverage



21. First African-American woman Cabinet member Patricia\_\_ Harris  
22. 1985 Ford movie  
23. Unity  
24. USAF commissioning source  
25. Public education labor union, in short  
32. Demeanor  
35. Mining goal  
36. First African-American Nobel Peace Prize winner  
37. Element IN  
38. African-American Grammy-nom-inated artist Harper  
39. “Crouching Tiger, Hidden

- Dragon” director Lee  
40. Afternoon beverage  
41. Levy  
42. African-American Supreme Court justice Clarence  
43. POTUS helicopter \_\_\_\_ One  
44. Possess  
50. Stressed syllable  
52. Overacting performer  
56. Appendage  
57. The Big Apple, in short  
58. Resort area Costa del \_\_\_\_  
59. Orig. air carrier  
60. Vase  
61. Baseball item

# SPORTS PAGE



PHOTO BY STAFF SGT. ALAN PORT

## 7-10 split

Vanessa Reser bowls during a youth bowling game at the Polar Bowl Saturday. The Polar Bowl offers several bowling leagues during the week and weekly specials. For more information, call the Polar Bowl at 552-4108.



Volunteers are needed to serve as ski buddies for Special Olympics Winter Games at the Hilltop Ski Area. The practices are every Saturday until the event, March 10-12. For more information, call the Special Olympics coordinator at 351-3195.

## Deployed Airman saves career through yoga

By Staff Sgt. Kevin Nichols  
U.S. Central Command Air Forces News

If a picture can say a thousand words, Staff Sgt. Bonnie McKinley's picture of herself would tell you of a time when she, at 5-foot-4-inches and 25 years old, weighed 215 pounds, putting her at risk of a heart attack or stroke.

Not to mention, her Air Force career was in jeopardy.

She did something about it. She signed up for yoga.

When the Air Force mandated that she increase her exercise routine, she decided to try yoga because it had always interested her.

"I fell in love with it from the beginning," said Sergeant McKinley, a respiratory therapist at the Air Force Theater Hospital at Balad Air Base, Iraq.

Now 75 pounds lighter, she helps patients in the intensive care unit breathe a little easier. She loved yoga so much that she stuck with it and received a

teaching license. Now, in a little room outside the hospital, she teaches medics and others willing to give yoga a try.

"[Before the room was here] we'd get together and talk about exercising – how difficult it was to get to sometimes after work," said Sergeant McKinley who is deployed from Sheppard Air Force Base, Texas.

Sergeant McKinley decided to multipurpose a tent used for watching movies. She sent out an e-mail to see if anyone was interested in learning yoga and got a great response.

Her "fat picture," as she calls it, has become a centerpiece of her life now. It is a constant reminder of what she has lost and what she has gained.

"Have you seen my fat picture?" she asks co-workers. "I never want to be that unhealthy again."

Not only has she lost the weight, but she can now run six miles and teach an hour of yoga afterward.



League standing Monday Nite NFL

Team	Won	Lost	Total Pins
Team 1	95	49	23486
Goat Ropers	92	52	23043
Team 4	86	58	21967
Team 5	74	70	19231
The Good, The Bad, & The Ugly	59	85	20427
Bye	4	20	2160

As of Feb. 1

## Sport Shorts

### Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard packed, groomed trails.

In addition, the snowmachine trails are now open.

For information, call 552-4838.

### Eagle River High School boys basketball

Today is Military Appreciation Night at the Eagle River High School boys basketball game against Bartlett High School.

The game begins at 7:30 p.m. at the Eagle River High School. There will be a raffle for a 10-weight, custom-made fly rod. Tickets cost \$2 each, but can be purchased two-for-the-price-of-

one by military members and dependents.

For more information, call Capt. Todd Carlson at 551-4109.

### Beginner cross-country ski lessons

Outdoor Recreation sponsors beginner ski lessons at 1 p.m. every Sunday. The lessons cost \$5 or are free with the purchase or season rental of skis.

For more information, call Outdoor Recreation at 552-2023.

### Hip Hop and Jazz classes

The Arctic Oasis sponsors Hip Hop and Jazz classes from 10-11 a.m. every Saturday. Participants must be ages 4-18.

For more information, call 552-8529.

### Military hockey tournament

The 7th Annual Alaska Military Hockey Tournament is scheduled for Feb. 17-19 at the Tesoro Sports Center.

The event is sponsored by the North American Aerospace Defense Command's Canadian Forces Hockey Team and is open to all military hockey teams.

The cost is \$625 per team and includes a three game guarantee.

There is an B-, C-high- and C-low-division, with the top two teams in each division advancing to the finals.

The entry deadline is Monday.

For more information, e-mail Dan Lien at [dan.x.lien@gsk.com](mailto:dan.x.lien@gsk.com) or call (907) 250-1712.